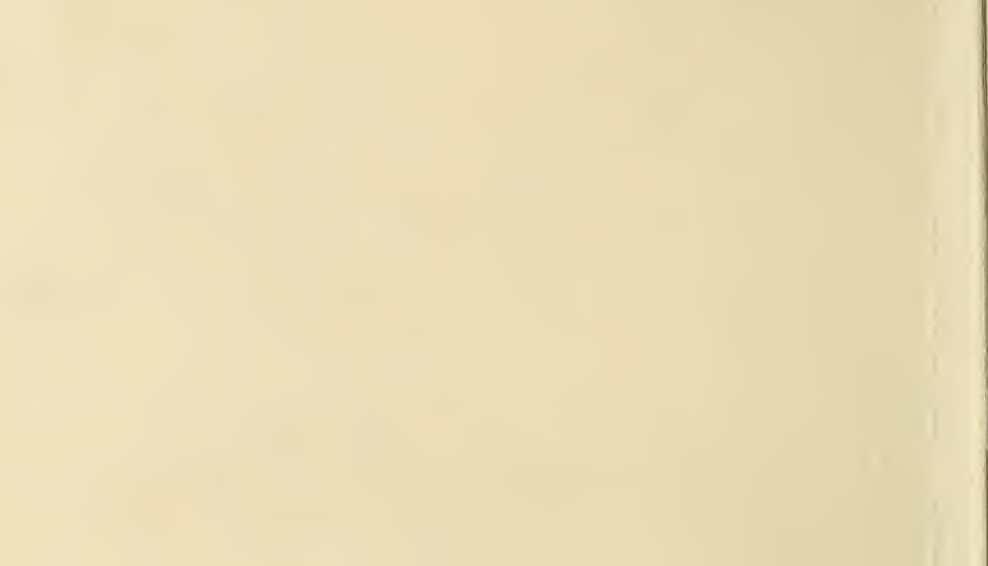
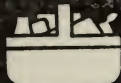


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Do not assume content reflects current scientific knowledge, policies, or practices.





# CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

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## RULES FOR USING THEM

1. Strain pan and broiler drippings through double layer cheese-cloth into clean coffee or shortening can.
2. Cover fats & store in refrigerator or cool place.
3. To clarify used fats with objectionable color, taste, or odor: melt fat with at least equal volume of water; heat short time at moderate temp., stirring occasionally; let cool; remove fat; scrape off meat, etc. from under side.
4. Never let fat get hot enough to smoke; may be irritating; gets rancid faster; gives less desirable flavor to food.
5. If you have 1 lb. or more of waste fat, sell to butcher.

# BEST WAYS TO USE FOOD FATS

<u>FOOD FATS</u>	<u>BREAD</u> <u>SPREAD</u>	<u>PAN</u> <u>FRYING</u>	<u>DEEP FAT</u> <u>FRYING</u>	<u>SHORT-</u> <u>ENING</u>	<u>FLAVOR-</u> <u>ING</u>	<u>SALAD</u> <u>OIL</u>
<u>Butter</u>	X	X		X	X	
<u>Lard</u>		X	X	X		
<u>Margarine</u>	X	X		X	X	
<u>Hydrogenated</u> <u>vegetable fat</u>		X	X	X		
<u>Peanut oil</u>		X	X			X
<u>Soybean oil</u>		X	X			X
<u>Bacon &amp;</u> <u>fat back</u>		X			X	
<u>Fowl fat</u>	X	X		X	X	
<u>Meat fat</u>		X			X	

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